G.K. in Sports & Games

Dr. S. Navaraj Chelliah
GK in SPORTS & GAMES

Dr. S. Navaraj Chelliah

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<table>
<thead>
<tr>
<th>Name of the Book</th>
<th>GK in Sports &amp; Games</th>
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<tr>
<td>Author</td>
<td>Dr. S. Navaraj Chelliah</td>
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PREFACE

Dr. S. Navaraj Chelliah is a great name in the literary world of Physical Education in Tamilnadu.

It is no wonder he annexed the National Awards three times and also Tamilnadu State Award for his books.

He has written more than 175 books both in Tamil and English.

This book "GENERAL KNOWLEDGE IN SPORTS AND GAMES" will be of great use especially to the school boys and girls and to the public interested in acquiring knowledge in this field.

The knowledge on sports and games will motivate the readers to take part in sports activities more and more.

Such a contributory endeavour of Dr. S. Navaraj Chelliah should be encouraged by patronising his literature.
I was surprised to see that he spends most of his time to contribute much to the field of Sports and Games, Health Education and Physical Education.

He is the only Physical Educationist who resigned his job to find more time to put his pen on the paper to bring more and more books on sports and games.

Apart from his talents in writing, I have come to know that he is a play wright, a poet, and an actor and Music Director too. He is propagating sports and games through Telivison and Radio. He has also produced and directed a full length commerical Tamil film by name "OTTA PANTHAYAM" and has released a Sports Cassette to propagate the sports interest among the public.

Dr. J. DAVID MANUEL RAJ
M.A., M.P.E.d., Ph.D.,
I. ANSWER IN ONE WORD

1. Which Tournament is connected with Titan Cup?...
2. Which country won the Titan Cup?
3. What is the Colour of the Olympic Flag?
4. How many rings are there in an Olympic Flag?
5. In which game, India won the Gold Medal in Olympic Games?
6. What is the name of the longest distance run in the Olympics?
7. How many events are there in a Decathlon event?
8. How many lanes are there in a Standard Track?
9. Which country’s citizen is Tennis Star Stefi Graf?
10. Who is the Indian Player who won Bronze Medal in 1996 Olympics?
11. What is the time gap between two Olympic Games?
12. What is the length and breadth of a Kho Kho field?
13. How many players are there in a Foot Ball team?
14. Name one game of Net-ball games?
15. What is the colour of the Hockey ball?
16. What is the height of a ring in Basket Ball game?
17. What is the height of a Foot Ball goal?
18. What is the full name of the Cricket Captain of India?
19. Where did Ancient Olympics start?
20. How many players are there in a Kho Kho team?
21. Which country won the 1996 One day Cricket Tournament held in India?
22. Who is the Indian Grand Master in Chess?
23. What is the height of a post in the Kho Kho field?
24. The former President of Indian Olympic Association is a Tamilan. What is his name?
25. Who was praised as Golden Girl among Indian Athletes?
26. When did Modern Olympic Games start?
27. For how many days Modern Olympic Games are
28. Who started the New Olympic Games?
29. Who is the President of International Olympic Council?
30. Where is Wimbledon Tournament conducted?
31. Where was Olympic Games conducted in 1996?
32. Where is Mayor Radhakrishnan Stadium in Chennai?
33. For how many days, the Decathlon events are conducted?
34. What is the original name of the famous Boxer Mohammed Ali?
35. Who is the Queen who started the Ancient Olympic Games for Women?
36. What is the time gap for World Cup Foot Ball Tournament?
37. Which country has won the Foot Ball World Cup many times?
38. How many squares are there in a Chess Board?
39. How many coins are there in a Carrom game?
40. What is the length and breadth of a Women's Kabaddi court?
41. How many feathers are there in a Shuttle Cock?
42. What is the height of the net in Shuttle Badminton game?
43. How many sitting squares are there in a Kho Kho field?
44. What is the length and breadth of a Basket Ball court?
45. What is the total playing time (including interval time) in a Basket Ball match?
46. How many runners are there in a relay team?
47. What is another name in English for Dhanurasana?
48. In which game, Magic Johnson is the best player?
49. In which game, Maria Irudayam is the best player?
50. How many events are there in Heptathlon event?
51. Who banned the Ancient Olympic Games?
52. How many events are there in a Triathlon event?
53. How many times Olympic Games were not conducted?
54. How many hurdles are there in a Hurdle Race?
55. What is the weight of a shotput in boy's event?
56. What is the weight of a discus in men's event?
57. In which Jumping event, Fosbury Flop is used?
58. How many balls are bowled in an over in a Cricket match?
59. Which game is played for the Ashes Cup?
60. In Which Jumping event, Walking in the air style is used?
61. In which exercise pattern, Pranayama is practised?
62. How many chances are there to clear a particular height in High Jump?
63. In which year did India conduct Olympic Games?
64. What is the distance of a Marathon Race?
65. Name the winner of 4 Gold Medals won in one Olympic Game?
66. How many throwing events are there in an Athletic meet?
67. In which throwing event, O'brian style is used?
68. What is the distance of a Cricket pitch between two wickets?

69. What is the height of a wicket in cricket?

70. What is the length and breadth of a Cricket bat?

71. How many regular players are there in a Basket Ball team?

72. What is the length and breadth of a Volley Ball court?

73. For how many days, Asian games are conducted?

74. What is the breadth of a lane in a standard track?

75. Which game is played for Aditanar Trophy?

76. Which game is played for Davis Cup?

77. What is the Olympic record in Men's 100 metre Dash?

78. When was the Ancient Olympic games banned?

79. What is the weight of a Cricket Ball used in Women's Cricket?

80. How many major tournaments should be won to get GRANDSLAM title in Tennis?
81. How many black coins are there in a Chess game?
82. How many white coins are there in a carrom game?
83. What is the distance of boundary lines in a Cricket field?
84. How many regular and substitute players are there in a Basket Ball team?
85. What is the distance of a 3 point circle in the Basket Ball court?
86. What is the length and breadth of a Hockey ground?
87. What is the weight of a Hockey stick?
88. What is the height of the net in men’s Volley Ball game?
89. What is the standard length and breadth of a Foot Ball field?
90. What is the playing time for one half in a Foot Ball match?
91. What is the playing time for one half in a Hockey game?
92. How many points are there for a LONA in a Kabaddi match?

93. What is the length of the crossbar in the High Jump event?

94. Who has won twice the Marathon Race in Olympic games? (Men section)

95. How many Modern Olympic Games have been conducted till now?

96. How many Gold Medals Jessi Owens won in a single Olympic Games?

97. In which State, Raja Rathinam Stadium is situated?

98. How many times have India conducted the Asian Games?

99. Who is the batting record holder in a Test match?

100. Where is Bharathi Stadium situated?

101. Where is Jawaharlal Stadium situated?

102. Which game is played in M.A. Chidambaram Stadium?

103. What is the name of the Cricket Stadium in Bangalore?
104. In which stadium Asia Cup Cricket final was conducted? (1997)
105. Who invented the Volley Ball game?
106. What is the name of the game Dr. James Naismith found out?
107. What is Kapil Dev’s bowling record in one day Cricket match?
108. What is the colour of the coat won by the umpire in Test Cricket matches?
109. How many officials are there in a Foot Ball match?
110. What is the length of a Hockey Stick?
111. What is the weight of a Human brain?
112. What is the meaning of the word disease?
113. What is the height of the Table Tennis Board?
114. What is the height of the net in Table Tennis game?
115. What is the height and length of a wicket in cricket?
116. What is the breadth of a cricket pitch?
117. For how many fouls, a player is disqualified from the Basket Ball match?

118. What is the height of the net in Women's Volley Ball game?

119. What is the distance of the striking circle from the end line in Hockey game?

120. Who was awarded "The title the Titan of Titans" in the 1996 Titan Cricket Tournament?

121. Where were first Modern Olympic games conducted?

122. Who was the sprinter whose gold medal was snatched back because of his doping case?

123. In which game, Dyan Chand was the Wizard of the game?

124. Who is receiving the Thronochariar Award in sports?

125. Who is receiving the Arjuna Award in Sports field?

126. How many minutes are there for a round in a Boxing competition?
127. What is the name of the Tennis Tournament held in England?

128. Write the name of the Tamilnadu famous swimmer who is studying in a school now?

129. What is the name of the Physical Education College situated in Chennai?

130. Who was praised as the Flying Sikh in India?

131. Who was praised as the Queen of Athletics in India?

132. What do the coloured rings in the Olympic Flag denote?

133. In which jumping event, Scissor style is used?

134. In which Throwing event, Disco put is used?

135. What is the breadth of a Volley Ball court?

136. What is the height of the net in a Ball Badminton game?

137. In which country, Basket Ball was originated?

138. In which country, Volley Ball was invented?

139. In which country, Carrom was originated?

140. In which country, Kho Kho game was born?
141. In which country, Chess game was first started?
142. What is the time gap between two Olympic Games?
143. What is the time gap between two Asian Games?
144. What was the prize for the Olympic winners in Ancient Olympic games?
145. How many relays are there in an Olympic games?
146. In which event, did India win Bronze Medal in Olympics Games?
147. What is the short distance race in Olympic games?
148. What is the name of the long distance race combined events of hurdling, racing and water jumping in Olympic games?
149. How many events are there in Hurdles events?
150. How many types are there in running races?
151. How many Hurdles are there in a 400 M race?
152. How many throwing events are there for women in the Olympic games?
153. How many jumping events are there for women in the Olympic games?
154. What is the name of the equipment used in the track event to make a quick start?
155. How many runners are there in a 4x400 M relay team?
156. In which material the relay baton is made up of?
157. How many types are there in relay baton exchange?
158. What is the name of the stadium in Chennai which conducts Athletic competitions?
159. What is the name of the Physical Education College in Karaikudi?
160. What is the basic unit of the human body?
161. What is the name for the combination of cells?
162. What is the name for the constitution of tissues?
163. Which is the hardest part in our body?
164. What is the meaning of the Word 'Vitamin'
165. What is the disease caused by the deficiency of Vitamin 'A'?
166. What is the disease caused by the deficiency
Vitamin 'B'?

167. What is the disease caused by the deficiency of the Vitamin 'C'?

168. What is the disease caused by the deficiency of Vitamin 'D'?

169. What are the names for the fire and acid injuries?

70. How many players are there in a Throw ball team?

171. What is the height of the goal post in Hockey game?

172. What is the playing time of one half of a Basketball match?

173. What is the name of the First Kick at the beginning of the Foot Ball match?

174. How many players take part in the Foot Ball penalty Kick?

175. How many players are there in a Kabaddi team?

176. What is the height of the Tenikoit post?

177. What is the measurement of a Square in Kho-Kho field?

178. What is the duration of a TURN in a Kho-Kho
match?

179. How many players can come to take part in running at a time in a Kho - Kho match?

180. How many players are there in a cricket team?

181. What is the colour of a Tennis Ball?

182. What is the weight of a Table Tennis ball?

183. How many stumps are there in a wicket?

184. What is the height of a wicket?

185. How many players can be in the ground during the playtime of a cricker game?

186. How many situations are there for a batsman to be declared out?

187. How many players are there in a Women’s Kabaddi team?

188. What is the duration of one half of a Women’s Kabaddi match?

189. What is the measurement of a Kabaddi ground for men?

190. How many points are there for a Lona in a Kho - Kho match?

191. What is the height of the net in the Tenikoit game?
192. What is the measurement of a Tenikoit Court?
193. What is the diameter of a Tenkoit ring?
194. What is the weight of a Tennis ball?
195. What is the width of a Table Tennis Table?
196. What is the colour of playing surface of a Table Tennis Table?
197. What is the height of a Hand Ball goal?
198. What is the other name of Asana?
199. How is Padmasana Called in English language?
200. How is Halasana Called in English language?
201. How is Pujangasana called in English language?
202. What is the English name for Tadasana?
203. What is the name of the breathing method used in Yoga system?
204. What is the technical term for "Breathing out"?
205. In which year Asian games started?
206. Who gave the advice for banning old Olympic games?
207. What is the world record in men's long jump event?
208. How many days Ancient Olympic games were conducted?
209. How many years once Common Wealth games are conducted?
210. How many Red coins are there in the Carrom board?
211. How many events are there in Pentathlon?
212. In which year did India participate in Olympic Games?
213. In which year women took part in Olympic games?
214. In which game KNOCK OUT is given?
215. Mention the places where the Tennis tournaments should be won to win a Grandslam title?
216. Which place is called the Mecca for Tennis?
217. Mention two kinds of relay races?
218. How many methods are there to exchange baton in a relay?
219. What is the measurement of the take-off board in the Long Jump event?
220. How many chances are given to jump for a final result in Long Jump?
221. What is the weight of the shotput for the women event?
222. What is the weight of the shotput thrown by persons below 18?
223. How many times has India conducted the Asian Games?
224. In which year, has India started conducting Asian Games?
225. What is the world batting record in Test matches?
226. What is the diameter of a shotput circle?
227. How fast can a man run the 100 M race per hour?
228. Who has run such a fantastic race?
229. What is the weight of a Monkey's brain?
230. What is the weight of a Dog's brain?
231. What is the weight of the lungs of a man?
232. What is the capacity of our lungs to hold more Oxygen?
233. How many bones are there in our body?
234. How many muscles are there in our body?
235. How many skeletal muscles are there in our body?
236. How many joints are there in our back bone?
237. How many pairs of bones are there in our Chest?
238. Who was the founder of Basket Ball game?
239. Who was the founder of Base Ball game?
240. Who was the founder of soft ball game?
241. Who was the founder of Tennis game?
242. Who was the founder of Rugby game?
243. Who was the founder of the Western style in High Jump?
244. Who was the founder of the Fosbury style in High Jump?
245. Who founded the straddle roll in High Jump?
246. Who started the crouch start in 100 M running?
247. Who was the founder of the starting block?
248. In which game Mallaswari is best?
249. What is the colour of the banian won by a Basket Ball referee?
250. What is the colour of the dress won by a Foot Ball referee?
251. What is the length and breadth of a Basket Ball court?
252. What is the colour of the coat won by a cricket umpire?
253. How many types of fouls are there in a Basket Ball game?
254. What is the duration of rest time in Basketball?
255. What is the height of a water polo goal?
256. What is the weight of a Hockey ball?
257. What is the net height in Tennis Game?
258. What is the height for the antenna in the side of the Volley Ball net?
259. What is the weight of a Volley Ball?
260. How many points should be taken to win a game in a Volley Ball match?
261. When the points are equal, how many more points should be taken to win a game in Volley Ball?
262. What is the diameter of Football centre circle?
263. What is the total duration of a Football game?
264. How many officials are there in a Hockey game?
265. What is the length and breadth of a Table Tennis table?
266. How many points are needed to win a game in Table Tennis game?
267. What is the national game of America?
268. Who is known as Chess king?
269. Which game did Donald Brad man play?
270. What is the diameter of the circle in Discus?
271. What is the weight of a women’s javelin?
272. What is the length of a women’s javelin?
273. What is the meaning of the Sanskrit word Suptha?
274. What is the total playing time in a Kho-Kho match?
275. How many times Olympic games have been stopped? Mention the years?
276. Where will be the Olympic games in 2000 conducted?
277. To which country, the father of Modern Olympics belong?
278. Who gave the idea to start Marathon Race?
279. Who was the winner of the first Marathon Race?
280. Who has won twice the Marathon Race in Olympic games?
281. How many events are there in a Triathlon event?
282. What is the Olympic motto?
283. Who conceived this idea of Olympic motto?
284. In which Olympic game, the Olympic flame was introduced?
285. What is the first name given to common Wealth games?
286. How many changes take place in a Ball Badminton game?
287. Name 2 types of fouls in Basket Ball game?
288. How many games to win for a set in a Tennis match?
289. What is the name of a winning service in Tennis which an opponent is unable to touch with his/her racket?
290. Who was the founder of Throw Ball?
291. Who was the founder of O'brien style in shot put?
292. How many points to be won for a carrom game?
293. How many innings are to be played in a soft ball match?
294. What is the length of the jumping pit in High Jump event?
295. Can you participate in high jump competition wearing one spike in one leg only?
296. How many chances are given on each height in Pole vault event?
297. Who is the lady athlete who won 4 gold medals
in one Olympic games?
298. Who is called 'The Human Locomotive'?
299. Who started the Ancient Olympic games for women?
300. To which country did India lose first time in Hockey (1960) Olympic games after winning so many golds?
301. Who is the Tamil player in whose captainship did India win a gold in Hockey in 1980 Olympic games?
302. How many Pockets are there in a Carrom Board?
303. What is the meaning of LBW in Cricket?
304. What are the three types of start in sprint events?
305. What is the length of a Base Ball Bat?
306. What is the distance of the Baulk line in Kabaddi ground for women?
307. How many substitutes are there in a Kabaddi team?
308. How many minutes are given for rest in a Volley Ball match?
309. What is the rest time for Rest (Time out) in a Basket Ball match?
310. With how many minutes should a cricket team send a batsman to the pitch to replace the batsman who is declared out?

311. What is the net height of Sub-Junior Volley Ball match?

312. How many players make a soft ball team?

313. Expand the term ICC?

314. What is SAI?

315. What denotes the term RDS?

316. What is the width of a Ball Badminton Racket?

317. What are the two types of style adopted in International weightlifting?

318. What is the length and breadth of a Boxing ring?

319. Which is the motherland of Polo game?

320. Which is the motherland of Shuttle Cock game?

321. When Shuttle Cock game was first played in India, what was its original name?

322. Who founded the Judo?

323. How many players are there in a team in a water polo game?

324. Who is nick named as Haryana Hurricane?

325. What is the national sport of Japan?
326. How many officials are there in a Kho-Kho match?
327. How many officials are there in a Kabaddi match?
328. How many officials are there in a Ball Badminton match?
329. How many officials are there in a Hockey match?
330. What is the colour of the badminton ball?
331. What is the length of a badminton Racket?
332. How many points are there for one game in a badminton match?
333. How many hands are allowed to serve in the beginning of a Ball Badminton game?
334. Who is awarded the title of Man of the Series in Pepsi Asia Cup (1997)?
335. In which stadium the final match of Pepsi Asia Cup Cricket match was held?
336. Which country conducted the Pepsi Asia cup matches?
337. How many countries took part in Pepsi Asia Cup?
338. What is the origin year of Water polo?
339. Which is the mother of land of Table Tennis?
340. Which is the mother land of Polo?
341. Who is the President of Indian Olympic Association?
342. Play the game is the spirit of the game" Who said this?
343. Where is Wimbledon tournament conducted?
344. What is the length of a Tennis Racket?
345. What is the length of a Soft Ball bat?
346. Who was the coach for P.T. Usha?
347. What is the cash prize for Arjuna Award?
348. What is the cash prize for ThronaChariar Award?
349. What is the cash prize of Rajiv Gandhi Khel Ratna Award?
350. Where is the world famous Eden Garden Stadium situated?
351. Where is the Wimbledon Stadium situated?
352. Which tournament is connected with Asia Cup?
353. Who sponsored the 1997 Asia Cup?
354. Which country won the 1997 Asia Cup?
355. What is the name of the winning team Captain?
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<tr>
<th></th>
<th>ONE WORD ANSWERS</th>
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<tbody>
<tr>
<td>1.</td>
<td>One day Cricket</td>
</tr>
<tr>
<td>2.</td>
<td>Sri Lanka</td>
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<td>3.</td>
<td>White</td>
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<td>4.</td>
<td>Five</td>
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<td>5.</td>
<td>Hockey</td>
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<td>6.</td>
<td>Marathon Race</td>
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<td>7.</td>
<td>10 events</td>
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<td>8 Track</td>
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<td>9.</td>
<td>Germany</td>
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<td>10.</td>
<td>Leander paes</td>
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<td>11.</td>
<td>Four years</td>
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<td>12.</td>
<td>29m x 16m</td>
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<td>13.</td>
<td>11 Players</td>
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<td>Volley Ball</td>
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<td>15.</td>
<td>White</td>
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<td>16.</td>
<td>10 Feet</td>
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<td>17.</td>
<td>8 Feet</td>
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<tr>
<td>18.</td>
<td>Sachin Tendulkar</td>
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<td>19.</td>
<td>Greece</td>
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<td>20.</td>
<td>9 players</td>
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<td>21.</td>
<td>Sri Lanka</td>
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<td>22.</td>
<td>Viswanathan Anand</td>
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<td>23.</td>
<td>120 c.m.</td>
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<td>Sivanthi Adityan</td>
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<td>25.</td>
<td>P.T. Usha</td>
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<td>26.</td>
<td>1896 A.D.</td>
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<td>27.</td>
<td>16 days</td>
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<td>28.</td>
<td>Baron Pierre de Coubertin</td>
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<td>29.</td>
<td>Antonia Samaranch</td>
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<tr>
<td>30.</td>
<td>England</td>
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<td>31.</td>
<td>Atlanta (U.S.A.)</td>
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<td>32.</td>
<td>Egmore</td>
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<td>33.</td>
<td>2 days</td>
</tr>
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<td>34.</td>
<td>Cassius clay</td>
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<td>35.</td>
<td>Queen Hera</td>
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<td>36.</td>
<td>4 years</td>
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<tr>
<td>37.</td>
<td>Brazil</td>
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<tr>
<td>38.</td>
<td>64 squares</td>
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<td>39.</td>
<td>19 coins</td>
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<td>40.</td>
<td>11m x 8m</td>
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<td>41.</td>
<td>14 to 16</td>
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<td>42.</td>
<td>5 feet</td>
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<td>43.</td>
<td>8 Squares</td>
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<td>28m x 15m</td>
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<td>5 minutes</td>
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<td>4 runners</td>
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<td>Bow Asana</td>
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<td>Basket Ball</td>
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<td>Carrom</td>
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<td>50.</td>
<td>7 events</td>
</tr>
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<td>51.</td>
<td>Emperor Theodosius</td>
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<tr>
<td>52.</td>
<td>3 events</td>
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<td>53.</td>
<td>3 times (1916, 1940, 1944)</td>
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<tr>
<td>54.</td>
<td>10 hurdles</td>
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<tr>
<td>55.</td>
<td>5 K.G.</td>
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<tr>
<td>56.</td>
<td>2 K.G.</td>
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<tr>
<td>57.</td>
<td>High Jump</td>
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<tr>
<td>58.</td>
<td>6 Balls</td>
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<tr>
<td>59.</td>
<td>Cricket</td>
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<tr>
<td>60.</td>
<td>Long Jump</td>
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<td>61.</td>
<td>Yoga</td>
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<tr>
<td>62.</td>
<td>3 chances</td>
</tr>
<tr>
<td>63.</td>
<td>Not yet</td>
</tr>
<tr>
<td></td>
<td>Description</td>
</tr>
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</tr>
<tr>
<td>64</td>
<td>26 miles and 385 yards</td>
</tr>
<tr>
<td>65</td>
<td>Jesse Owens</td>
</tr>
<tr>
<td>66</td>
<td>4 Events</td>
</tr>
<tr>
<td>67</td>
<td>Shot put</td>
</tr>
<tr>
<td>68</td>
<td>22 yards (20.12m)</td>
</tr>
<tr>
<td>69</td>
<td>28 inches</td>
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<tr>
<td>70</td>
<td>Length 38 inches. breadth 4 1/4 inches</td>
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<tr>
<td>71</td>
<td>5 players</td>
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<tr>
<td>72</td>
<td>18m x 9m</td>
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<tr>
<td>73</td>
<td>16 days</td>
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<tr>
<td>74</td>
<td>1.22m to 1.25m</td>
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<td>75</td>
<td>Kabaddi</td>
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<tr>
<td>76</td>
<td>Tennis</td>
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<td>77</td>
<td>9.84 secs</td>
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<td>78</td>
<td>393 A.D.</td>
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<td>79</td>
<td>5 Ounces</td>
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<td>80</td>
<td>4 Tournaments</td>
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<td>No.</td>
<td>Description</td>
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<tr>
<td>96</td>
<td>4 gold medals</td>
</tr>
<tr>
<td>97</td>
<td>Chennai (Tamilnadu)</td>
</tr>
<tr>
<td>98</td>
<td>2 times</td>
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<tr>
<td>99</td>
<td>Brian Lara</td>
</tr>
<tr>
<td>100</td>
<td>Neyveli</td>
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<tr>
<td>101</td>
<td>Chennai &amp; Delhi</td>
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<tr>
<td>102</td>
<td>Cricket</td>
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<tr>
<td>103</td>
<td>Chinnasamy Stadium</td>
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<tr>
<td>104</td>
<td>Premadasa Stadium</td>
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<td>105</td>
<td>Dr. William G. Morgan</td>
</tr>
<tr>
<td>106</td>
<td>Basket Ball</td>
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<tr>
<td>107</td>
<td>432</td>
</tr>
<tr>
<td>108</td>
<td>White</td>
</tr>
<tr>
<td>109</td>
<td>4 (1 Referee 2 Line Umpires 1 Scorer)</td>
</tr>
<tr>
<td>110</td>
<td>1 Metre</td>
</tr>
<tr>
<td>111</td>
<td>3 lbs</td>
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<tr>
<td>112</td>
<td>Disease = discomfort</td>
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<tr>
<td>129. YMCA College</td>
<td>146. Tennis</td>
</tr>
<tr>
<td>130. Milka Singh</td>
<td>147. 100m Dash</td>
</tr>
<tr>
<td>131. P.T. Usha</td>
<td>148. Steeple Chase race</td>
</tr>
<tr>
<td>132. Continent</td>
<td>149. 2 events for men</td>
</tr>
<tr>
<td>133. High Jump</td>
<td>(110 M.H. and 400 M H)</td>
</tr>
<tr>
<td>134. Shotput</td>
<td>2 events for women 100 m H and 400 m H</td>
</tr>
<tr>
<td>135. 9 Metres</td>
<td>150. 6 types</td>
</tr>
<tr>
<td>136. 6 feet</td>
<td>151.10 hurdles</td>
</tr>
<tr>
<td>137. U.S.A.</td>
<td>152. 3 events</td>
</tr>
<tr>
<td>138. U.S.A.</td>
<td>153. 2 events</td>
</tr>
<tr>
<td>139. Tamilnadu</td>
<td>154. Starting block</td>
</tr>
<tr>
<td>140. India</td>
<td>155. 4 runners</td>
</tr>
<tr>
<td>141. India</td>
<td>156. Wood</td>
</tr>
<tr>
<td>142. 4 years</td>
<td>157. 2 types</td>
</tr>
<tr>
<td>143. 4 years</td>
<td>158. Rajarathinam Stadium</td>
</tr>
<tr>
<td>144. Olive wreath</td>
<td>159. Alagappa College of Physical Education</td>
</tr>
<tr>
<td>145. 2 for men and 2 for women</td>
<td></td>
</tr>
</tbody>
</table>
160. Cell 176. 6 feet 1 inch
161. Tissue 177. 30 cm X 30 cm
162. Organ 178. 9 Mintues
163. Bones 179. 3 Defenders
164. Life 180. 11 Players
165. Night Blindness 181. Yellow
166. Beri Beri 182. 2.40 to 2.53 grams
167. Scurvey 183. 3 stumps
168. Rickets 184. 28 inches
169. Burns 185. 13 players (11 Fielders and 2 Batsman)
170. 9 players
171. 7 feet 186. Nine situations
172. 20 mintues 187. 7 players
173. Kick-Off 188. 15 mts (15m/5m/15m)
174. 2 players 189. 12.5m X 10 m
175. 7 players 190. No points
191. 6 feet
192. 40 feet X 18 feet  207. 8.96 Metres
193. 7 inches  208. 5 days
194. 2 to 2 1/16 ounces  209. 4 years
195. 9 feet X 5 feet  210. 1 coin
196. Green  211. 5 events
197. 2 metre  212. 1928
198. Posture  213. 1928 Amsterdam
199. Lotus posture  214. Boxing
201. Cobra post  France, Australia
202. Mountain posture  216. Wimbledon
203. Prana yama  217. Shuttle relay and
(puraga : Resaga :  medley relay
kumbaga, sanyaga)  218. 2 methods (visual and
204. Exhaling  non-visual)
205. 1951  219. 1.22m long & 20cm Wide
206. Father Anburose  220. 6 chances
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>221. 4 kg.</td>
<td>239. Abner Doubleday</td>
</tr>
<tr>
<td>222. 5 kg.</td>
<td>240. George Hencock</td>
</tr>
<tr>
<td>223. 2 times</td>
<td>241. Major wing field</td>
</tr>
<tr>
<td>224. 1951</td>
<td>242. William Web Ellis</td>
</tr>
<tr>
<td>225. 375</td>
<td>243. Horine</td>
</tr>
<tr>
<td>226. 2.135 M</td>
<td>244. Dick Fosbury</td>
</tr>
<tr>
<td>227. 40 mph</td>
<td>245. Harold Osborn</td>
</tr>
<tr>
<td>228. Carl Louis of U.S.A</td>
<td>246. Charles Shril</td>
</tr>
<tr>
<td>229. 1 lb</td>
<td>247. George Prenaham</td>
</tr>
<tr>
<td>230. 1/2 lb</td>
<td>248. Weight Lifting</td>
</tr>
<tr>
<td>231. 2 1/4 k.g</td>
<td>249. Sky Blue cololur</td>
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<tr>
<td>232. 1000 square feet</td>
<td>250. Black Shirt</td>
</tr>
<tr>
<td>233. Above 206.</td>
<td>251. 28m X 15m</td>
</tr>
<tr>
<td>234. Above 600</td>
<td>252. White</td>
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<tr>
<td>235. 650 Skeletal muscles</td>
<td>253. 2 types</td>
</tr>
<tr>
<td>236. 33 Joints</td>
<td>254. 1 mintue</td>
</tr>
<tr>
<td>237. 12 pairs</td>
<td>255. 3 feet above the water</td>
</tr>
<tr>
<td>238. Dr. James naismith</td>
<td></td>
</tr>
</tbody>
</table>
256. 5 1/2 to 5 3/4 ounce
257. 3 feet
258. 180 cm
259. 260 to 280 grms
260. 15 points
261. 2 points
262. 10 yards (9.15m)
263. 45m +10 m + 45M
264. 3 Officials
265. 9 feet X 5 feet
266. 21 points
267. Base ball
268. Boby Fisher
269. Cricket
270. 2.50 metre
271. 600 grams
272. 2.20 to 2.30 m
273. Sleep
274. 50 mintues
275. 3 times (1916,1940, 1944)
276. Sydney (Australia)
277. France
278. Michel Breal
279. Spiridon Louis
280. Abeb Bikila (Ethiopia)
281. 3 events
282. Citius - Altitus, Fortius (Faster, Higher, Stronger)
283. Rev. Father Diclon. (Head master of a school of Paris)
284. In 1928 (Amstredam Games)
285. British Empire Games
286. 3 changes (8,15 & 22 points)
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<tbody>
<tr>
<td>287. personal and technical</td>
<td>288. 4 points (0,15, 30,40)</td>
<td>289. Ace</td>
</tr>
<tr>
<td>304. Crouch start, Medium</td>
<td>Start, Elongated star</td>
<td>305. 36 to 37 inches</td>
</tr>
<tr>
<td>290. Mary Crow Buck</td>
<td>291. Parry O'brien</td>
<td>306. 2.50 M</td>
</tr>
<tr>
<td>292. 29 points</td>
<td>293. 5 innings</td>
<td>307. 5 Substitutes</td>
</tr>
<tr>
<td>294. 4 to 5 metres</td>
<td>295. Yes</td>
<td>308. 1 minute</td>
</tr>
<tr>
<td>296. 3 chances</td>
<td>297. Mrs. Blankers Koen</td>
<td>309. 1 minute</td>
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<tr>
<td>298. Emil Zetapeck</td>
<td>299. Hera</td>
<td>310. 2 minutes</td>
</tr>
<tr>
<td>300. Pakistan</td>
<td>301. V. Baskaran</td>
<td>311. 2.10 metres</td>
</tr>
<tr>
<td>302. 4 pockets</td>
<td>303. Leg Before Wicket</td>
<td>312. 9 players</td>
</tr>
<tr>
<td>316. 9&quot; wide</td>
<td></td>
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<td></td>
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<tr>
<td>317. Snatch &amp; clean and Jerk</td>
<td>336. Sri Lanka</td>
<td></td>
</tr>
<tr>
<td>318. 20 feet X 20 feet</td>
<td>337. 4 Countries</td>
<td></td>
</tr>
<tr>
<td>319. India</td>
<td>338. 1885 A.D.</td>
<td></td>
</tr>
<tr>
<td>320. India</td>
<td>339. England</td>
<td></td>
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<tr>
<td>321. PUNA</td>
<td>340. India</td>
<td></td>
</tr>
<tr>
<td>322. Dr. Jigaro Kano</td>
<td>341. Suresh Kalmadi</td>
<td></td>
</tr>
<tr>
<td>323. 7 players</td>
<td>342. Jawaharlal Nehru</td>
<td></td>
</tr>
<tr>
<td>324. Kapil Dev</td>
<td>343. England</td>
<td></td>
</tr>
<tr>
<td>325. Judo</td>
<td>344. 27 inches</td>
<td></td>
</tr>
<tr>
<td>326. 7 Officials</td>
<td>345. 20,000 Rupees</td>
<td></td>
</tr>
<tr>
<td>327. 7 Officials</td>
<td>346. O.M. Nambiar</td>
<td></td>
</tr>
<tr>
<td>328. 4 Officials</td>
<td>347. 20,000 Rupees</td>
<td></td>
</tr>
<tr>
<td>329. 3 Officials</td>
<td>348. 40,000 Rupees</td>
<td></td>
</tr>
<tr>
<td>330. Yellow</td>
<td>349. 1 lakh Rupees</td>
<td></td>
</tr>
<tr>
<td>331. 2&quot; to 2 feet 3&quot; inches</td>
<td>350. Calcutta</td>
<td></td>
</tr>
<tr>
<td>332. 29 points</td>
<td>351. London</td>
<td></td>
</tr>
<tr>
<td>333. 5 Hands</td>
<td>352. Cricket</td>
<td></td>
</tr>
<tr>
<td>334. Arjuna Ranathunga</td>
<td>353. Pepsi</td>
<td></td>
</tr>
<tr>
<td>335. Premadaasa Stadium</td>
<td>354. Sri Lanka</td>
<td></td>
</tr>
<tr>
<td></td>
<td>355. Arjuna Ranathunga</td>
<td></td>
</tr>
</tbody>
</table>
II. QUESTIONS AND ANSWERS

1. How many types are there in the Kabaddi game?
   Three Types - Gominee, Amar and Sanjeevani

2. How many numbers should a competitor wear in Track and Field events?
   Two - one in front and one in back.

3. How many gold medals were won by mark Spitz in 1972 Olympics?
   Seven in Acquatics

4. What is Lona in Kabaddi?
   When all the seven players are out, a Lona is called. Two extra points will be given.

5. What is sudden death rule?
   A period of extra play to break a tie that terminates when one side scores, gains a lead, or reaches a predetermined number of points. The most common situation is in team games like football, soccer, or hockey in which the team that scores first during the sudden death period wins immediately and further play is unnecessary.
6. Is there any game named after a place?  
   Badminton. Badminton is the name of a Town of Gloucestershire, of England.

7. How many times did India win Gold medals in Hockey in Olympics?  
   Eight times (1928 to 1960 and 1980)

8. How many types of "outs" are there in cricket to make a batsman out?  
   Nine outs, Bowled, Caught, handled the ball, Hit the ball twice, Hit wicket, leg before wicket, obstructing the field, Run out and stumped.

9. What is baulk line in Kabaddi?  
   Each of the Lines in a court, parallel to the mid-line 3 meters from the mid line for men., and 2.5 mts. for women.

10. Where will be the next Olympics held?  
    Sydney, 2000

11. How to break the tie in High jump?  
   Lowest number of attempts at the tieing height.  
   Lowest number of failures through out the competitions.  
   Lowest number of attempts throughout the competitions
if there is a tie for the 1st place, by either raising or lowering the cross bar.

12. In which year was the Amateur Athletics Association of India Started?
   1944

13. What is Googly type of Bowling in Cricket?
    Off break bowled with leg break action.

14. How many cross lines are there in the Kho-Kho field?
    Eight

15. When was the Volley Ball Federation of India started?
    1951

16. What is dead heat?
    A race in which two or more contestants finish exactly at the same time. thus a tie.

17. In which year was Hockey introduced in Olympics?
    1908, London Olympics

18. How many types of defensive fieldings are there in Cricket?
    Two. orthodoxy and long barrier
19. How many medals did Nadia Comaneci win in Gymnastics in Montreal?
Four - 3 Gold and 1 bronze.

20. What is ‘LET’ in Tenikoit?
In service, ring touching the net and falls in the correct court, it is called let. Re-service will be given.

21. Who is the first woman Arjuna Award Winner in Volley Ball?
Reddy of Andra Pradesh.

22. Who is called the king of Foot ball in the World?
Pele (Full name: Edmond Arantos Nessirmente De Pele)

23. What does N.I.S. Stand for?
National Institute of Sports

24. In which year was the Board of Control of Cricket in India Started?
1928.

25. What is Double Officiating?
Two officials with almost equal powers in taking decisions during the conduct of a game. E.g. Basket ball, Kho-Kho, Hockey etc.
26. In which year was the Lawn Tennis Association Started?
   1910

27. What is the elaboration of S.N.I.P.E.S?
   Society for the National Institute of Physical Education and Sports.

28. Who is the founder of the first Physical Education College in India?
   Harry Crow Buck - (1920) Y.M.C.A. College of Physical Education of Madras.

29. In which year was the Ranji Trophy started?
   1934.

30. To which game is "Santhosh Trophy" attached?
    Foot ball

31. What is Cant in Kabaddi?
    Repeated and clear sounding aloud of approved word ‘KABADDI’ within the course of one respiration.

32. Who financed the first Indian Olympic team?
    Tatas

33. In which year was the All India Council of Sports formed?
    1954.
34. What is Scissors Kick?
A Kick of the ball made by a player who jumps up kicking first one leg into the air and then the other, striking the ball above the head on the second kick usually driving it to the rear.

35. What is Olympic Rings stand?
Blue ring for Europe, Yellow for Asia, Black for Africa, Green for America and Red for Australia (total 5 Rings)

36. In which year was the Indian Kabaddi Federation Started?
1952.

37. In which year was the Lawn Tennis Association Started?
1910

38. What is Olympics?
A programme of amateur sports competition held in every 4 years a different places more than 190 nations competing.

39. Who is Jockey?
A professional rider who rides, controls, and rates a thoroughbred in a race.
40. Explain the term Back Hander?
The term is used often in Boxing (an illegal blow). A foul blow delivered with the back side of the hand or fist.

41. What are the events included in Pentathlon?
Long Jump, Discus throw, Javelin, 1500 mts and 200 mts for men.
200 Metres 80 meters Hurdles, High Jump, Long Jump and Shot put for women.

42. What is "Deuce" in Tennis?
When the score is each. A tie after each side has a score of 40.

43. Who got the Padmashri Award in Physical Education?
Dr. P.M. Joseph

44. In which place were the first Nationals held in Basket Ball?
New Delhi - 1934.

45. What are the letters C.A.B.P.E.R stand?
Central Advisory Board of Physical Education and Recreation.
46. In which year was the National Institute of Sports Instituted?  
1961 Patiala

47. Who is the First President of the Indian Olympics?  
Mr. Dorabji Tata

48. What is the lost ball in Cricket?  
If a ball in play cannot be found or recovered by any fieldsman, we may call it 'LOSTBALL', 6 runs shall be added. If more than 6 runs taken before lost ball called, all the runs taken will be added.

49. When was the Olympic flame introduced for the first time?  
1928, Amsterdam Olympics

50. In which year was the Photo-finish electric time keeping technique introduced in Olympics for noting records?  
1964, Tokyo Olympics

51. What is recede in Kho-Kho?  
When an active chaser while going in a particular direction, goes in the opposite direction it is recede; it is a foul
52. In which year was the Olympic village constructed to accommodate athletes?
1932, Los Angeles Olympics

53. In which year was the All India Football Federation started?
1937.

54. Who invented the name Volley Ball?
A.T. Halstead of U.S.A.

55. What are the events in Decathlon?
100 mts. Long jump, High jump, shot put and 400 mts. for first day.
110 mts. Hurdles, discus throw, pole vault, javelin and 1500 mts. on second day.

56. Who was the famous Indian Champion in shuttle Badminton?
Praskash Pudukone of Karnataka.

57. To which game the "Thomas Cup" is connected?
Shuttle Badminton?

58. What is neutral zone in Tenikoit?
Each side of the net shall be 3 feet wide on both sides. Total 6 feet.
59. What is struggle in Kabaddi?
When a raider or an anti touches each other, the struggle begins.

60. In which year was the Indian Olympics Association Started?
1927

61. Who is called as active chaser in Kho-Kho?
A player who pursues the players of the opposite side to make them out.

63. What does the N.F.C stand for?
National Fitness Corps.

64. To which game the Merdeka Tournament Connected?
Foot ball, in Koulalampur.

65. What is Arjuna Award?
An Award given by the Government of India to the Merit Sportsmen.

66. In which year was the School Games Federation of India started?
1954.
67. What is ‘Over’ in Cricket?
   In bowling, an over consisting of six deliveries. In Newzeland and Australia eight deliveries.

68. What is third innings in kho-Kho?
   When the match is drawn after two innings are over, one more innings will be given that is called third innings.

69. What is raid in kabaddi?
   When a rider goes into the opponents court with a cant.

70. In which year was the Swimming Federation of India started?
   1940

71. What does the A.I.C.S stand for?
   All India Council of sports.

72. What is ‘Hit wicket in Cricket?
   If in playing at the ball, he hits down his wicket with his bat or any part of his person.

73. What is ‘Lona’ in Kho-Kho?
   When all the nine players are out before nine mts, a Lona will be given to the opponents. No extra points.
74. What is thirty second rule in Basket Ball?
When a team gains possession of the ball, a try for basket must be made within 30 seconds.

75. What is pocker?
4 Card Game

76. What is Amateur sports?
Sports conducted by any organisation which forbids the participations of professional athletes.

77. What is athlete heart?
Awakened heart condition caused by frequent participation in Athletics

78. What is 'clash' in Ball Badminton?
Touch of two bats in striking a ball?

79. What is 'missed service" in table tennis?
A player in attempting to serve, misses the ball altogether.

80. What is "Fly Ball" in Softball?
A fly ball is any ball bolted into the air

81. What is "Touch in Kabaddi?"
Contact by or with any part of the clothing or any other of one’s personal belongings by raiders or anties.
82. What is Foot out in Kho-Kho?
When both the feet of a runner are touching the ground outside the limits, runner is out.

83. Who is called as "Clerk of the course" in Track and Field events?
An official who lists the competitors, notify them when the events take place, draw for start and see the races are run off on time.

84. What is Acrobatics?
Physical stunts and tricks like rope walking, tumbling and pyramids.

85. What is the title for the Best player in soccer?
Black pearls - PELE of Brazil

86. What is the line of the Post in Kho-Kho?
The line which goes through the centre of the post and is parallel to the cross lines.

87. What are the popular Indigenous games in India?
Kho-Kho and Kabaddi.

88. What is relief Zone' in Track & Field?
The zone wherein the baton must be passed in relay race. 20 yards long 10 yards front and 10 yards back of exchange mark.
80. What is "back spin" in Basket Ball?
Rotation of a ball with its top moving towards its bottom moving away from the thrower.

90. What is 'Minus' in the Carrom game?
If the striker is pocketed in a stroke, penalty coin of the erring party will be placed on the board.

91. What is Fencing?
A game of Sword Fight

92. Who was the President of Olympics games conferences before the present president?
Lord Michael Killanin

93. What is medley relay in Track and Field?
A relay race in which all or most of the members of a team run different distances.

94. What is stride?
The distance between steps in running or walking

95. What are the measurements for Diamond in Softball?
60 feet base lines with a pitching distance of 40 feet for women and 46 feet for men.
104. What is double touch in Ball Badminton?
When the ball touched by two bats of the same side successively.

105. Who was the Queen of the meet’ in Lahore meet 1976?
Anasuya Bai of India. Won four Gold Medals

106. What is jump-ball in Basket Ball?
When the official tosses the ball between two opposing players.

107. What is ‘Flip pass’ in Basket Ball?
One or two hand pass, from either side of the body or between the legs to a team mate at close range.

108. What is cross country Race?
Foot racing over general terrain such as hills, woods, fields, roads-usual distance 3 to 5 miles.

109. How does the Umpire signal for a ‘Boundary’ in cricket?
By waving the hand from side to side.

110. What is Line drive in Softball?
A line drive is an aerial ball that is battered sharply into the playing field
111. What is to take a direction in Kho-Kho?
   Going from one post to another post.

112. What is ‘Rubber’ in Tenikoit?
   Rubber is the best of three games

113. What is ‘off-side’ in Foot ball?
   If a player is nearer his opponent’s goal line
   than the ball at the moment the ball is played.

114. What is ‘over run’ in Track and field?
   To run past the passing (relief) zone before
   passing the baton to a team mate.
   Disqualification is the punishment.

115. What is Knuckle ball in Vollety Ball?
   Serve made by striking the ball with the knuckles.

116. How does the umpire signal for wide’ in cricket?
   By extending both arms horizontally.

117. What is ‘wild pitch’ in softball?
   Legally delivered ball high, so low, or so wide of
   the plate.

118. What is ‘Three second rule’ in Basket Ball?
   A player shall not remain for more than 3 seconds when the ball is with his teammate in
the part of opponent's restricted area.

119. What is 'Hopping'? 
Hopping is the game, known as Langdi.

120. How much 'Bound should Tennis Ball have? 
More than 53 inches and less than 58 inches and 100 inches on concreet base when dropped.

121. What is meant by 'Aquatics'? 
Sports or exercises practised in or on the water.

122. What is Archery?
Sport of Bow and arrow.

123. What is 'Dash'? 
A short foot race - out door 100 and 200 metres - indoor 50-70 yards.

124. What is Hook pass in Basket Ball? 
By extending the arm overhead and passing the ball across the body behind the head.

125. What is Hook tackle in soccer? 
Securing the ball from tje opponent, by dropping one knee on the ground and hooking the ball away from the dribbler.

126. How does the umpire signal for 'Sixer' in cricket?
By raising both arms above the head.

127. When was Foot Ball first included in the Olympics?
1900 - Paris Olympics

128. Who was the first batsman to secure 10,000 runs in cricket test?
Sunil Gavaskar

129. Who was the youngest player to make a century in Cricket Test?
Mustaq Mohammed of Pakistan

130. Who won the Grand Slam in Tennis for the first time?
Donald Budge

131. During which Olympics was TV introduced to bring the games to the masses?
1936. Berlin Olympics

132. With what sports is Joe Louis associated?
Boxing

133. In a hurdles race, how many hurdles are allowed to be knocked down?
As many as possible, but it slows down the speed of Athlete

134. Who was the first Indian woman power lifter to
set a world record?
Sumitha Latha

135. Who has proved to be India's best shooter in Olympics?
Karni Singh

136. Name the first Test Cricket Player of India?
K.S. Ranjit Singh

137. Who donated the Ranji Trophy?
Maharaja of Patiala

138. Kapildev the Indian Cricketer has written his autobiography. Name the book.
By God's Grace

139. How many playing cards are there in a packet normally?
Fifty two cards

140. Which was the Mascot of the 9th Asiad?
Appu

141. Who was the first women to win the 'Golden Slam' of Tennis?
Stefi Graff of Germany

142. Which were the games that were included in Seoul Olympics as Demonstration games?
Base ball and TaeKwonDo
143. When was All India Carrom Federation formed?
1955.

144. What are the five events in Modern Pentathlon?
Shooting, Swimming, Fencing, Riding, Running.

145. What are the Gymnastics events for men in the Olympics Games?
Horizontal Bar, Parallel bars, Long Horse vault, Pommeled Horse, Rings, Floor Exercises, Team Combined Exercises

146. What are the Gymnasticsw Events for Women in the Olympic Games?
Horse vault, Asymmetrical bars, Balance Blam, Floor Exercises.

147. What are the different styles in the swimming competition?
Free Style, Back Stroke, Breast Stroke, butterfly.

148. What is the previous name for Triple Jump?
Hop, Step and Jump.

149. What is the Previous name for Long Jimp?
Broad Jump.

150. What is Olympic Record of 100 Meters in 1890 and 1996?
12 Seconds in 1896. By Thomas Burke. 9.94 seconds in 1996.
### III. MATCH THE FOLLOWING

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### III. I ANSWERS

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<td>Technical Term</td>
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<td>Correct Answer</td>
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<td>Jump Ball</td>
<td>Kho Kho</td>
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<td>Corner Kick</td>
<td>Ball Badminton</td>
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<td>Let</td>
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<td>Lift</td>
<td>Soft Ball</td>
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<td>17.</td>
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<td>21.</td>
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<td>23.</td>
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<td>Rotation order</td>
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<td>26.</td>
<td>Wide Ball</td>
<td>Cricket</td>
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<td>27.</td>
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<td>28.</td>
<td>Penalty Kick</td>
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<td>29.</td>
<td>Indirect free Kick</td>
<td>Long Jump</td>
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<td>Pranayamam</td>
<td>Kabaddi</td>
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<td>Free Throw</td>
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<td>32.</td>
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<td>33.</td>
<td>Defender</td>
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<td>41. Baseline game</td>
<td>Kho kho</td>
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<td>42. Maiden over</td>
<td>Tenikoit</td>
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<td>43. Short Corner</td>
<td>Ball Badminton</td>
<td></td>
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<tr>
<td>44. Ring</td>
<td>Carrom</td>
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<td>45. Punch</td>
<td>Basket Ball</td>
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<td>46. Double Fault</td>
<td>Boxing</td>
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<td>47. Mallet</td>
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<td>48. Scoop</td>
<td>Polo</td>
<td></td>
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<tr>
<td>49. Off break</td>
<td>Swimming</td>
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<td>50. Seconds out</td>
<td>Cricket</td>
<td></td>
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<td>51. Pivot</td>
<td>Tennis</td>
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<tr>
<td>52. Crawl</td>
<td>Hockey</td>
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</table>
### 3. Answers

1. Foot Ball  
2. Kabaddi  
3. Soft Ball  
4. Cricket  
5. Ball Badminton  
6. Kho Kho  
7. Tennis  
8. Cricket  
9. Volley Ball  
10. Tennis  
11. Kabaddi  
12. Athletics  
13. Basket Ball  
14. Foot Ball  
15. Tenikoit  
16. Volley Ball  
17. Foot Ball  
18. Boxing  
19. Shot Put  
20. High Jump  
21. High Jump  
22. Kabaddi  
23. Long Jump  
24. Volley Ball  
25. Volley Ball  
26. Cricket  
27. Cricket  
28. Foot Ball  
29. Foot Ball  
30. Yoga  
31. Basket Ball  
32. Foot ball  
33. Kho Kho  
34. Tenikoit  
35. Volley ball  
36. Carrom  
37. Basket ball  
38. Chess  
39. Foot Ball  
40. Hockey  
41. Tennis  
42. Cricket  
43. Hockey  
44. Basket ball  
45. Boxing  
46. Tennis  
47. Polo  
48. Hockey  
49. Cricket  
50. Boxing  
51. Basket Ball  
52. Swimming
IV. WRITE TRUE OR FALSE AGAINST EACH SENTENCE

1. A Kho-Kho match has 3 innings ____________
2. Runner side should send 3 defenders each time to the field in a KhoKho Match ____________.
3. There are 9 squares in a Kho Kho field ________
4. The chasing side gets 2 points for each runner who is put out ____________.
5. There is a separate measurement for women Khabaddi game. The measurement of the court is 12.40m x 10 m ________
6. In Kabaddi, 2 points are awarded (Bonus point) for a Lona ________.
7. The raider can begin his cant at any place ________.
8. Anti-raider is one who is going with cant to the other side ________.
9. A raider can use the lobby after the struggle ________.
10. Revival method is there in the Kabaddi game ________.
11. The height of the net in Tenikoit is 5 feet one inch ________
12. Wobbling is allowed in the Tenikoit game ________.
13. The receiver of the ring can walk or jump while throwing the ring ____________.

14. The playing surface of a Table Tennis Table is Green ____________.

15. The height of the Table Tennis net is 1 foot _____.

16. Good posture is nothing but standing or sitting as you like and feel ____________.

17. The Bunch start is the fastest start ____________.

18. Standing start is allowed in a sprint race _______.

19. Starting block helps to make a quick start _____

20. Hitch-kick helps the jumper to jump maximum distance ____________.

21. There are 3 chances given to each Long Jump competitor ____________

22. The weight of the shot put for boys is 4lbs ______

23. In shot put, a thrower can throw the shot from behind his/her shoulder______.

24. A shot put thrower can touch the top of the stop-board with any part of his/her body _________.

25. The cobra posture is otherwise called Bujangasana ________.

26. Arthsalabasana imitates the posture of Lotus _____.
27. Padmasana is otherwise known as Lotus Asana _________.

28. Halasasna position resembles an Indian plough _________.

29. In relay the person who drops the baton must pick it up himself ___________.

30. Double foot take off is allowed in Long Jump _________.

31. Kabaddi players can wear ring or belt during play ___________.

32. A competitor can take 3 minutes for his trial in Jumping events. ___________.

33. The order of jumping is decided in High Jump by lots ___________.

34. Both feet take-off is allowed in High Jump _________.

35. A competitor can dive in High Jump _________.

36. The landing area in High Jump is 5 M. Long _________.

37. A High Jump competitor will get 2 trials at every height ___________.

38. There are 3 divisions in crouch start ___________.

39. There are 6 lanes in a standard track ___________.

40. Visual method is correct method is 4x100 m. Relay ___________.
41. The Basket Ball game is started by a jump ball

42. The goal scored outside the 3 point circle provides 2 points ________.

43. The height of the ring from the floor is 10 feet in Basket Ball ________.

44. A player will be made out if he commits 4 fouls in Basket Ball ________.

45. The height of the net for men Volley Ball game is 2.24 M ________.

46. The one day cricket match consists of one innings by each side ________.

47. A substitute is allowed to do wicket keeping in cricket ________.

48. The maximum length of a cricket bat is 38 inches ____________.

49. No Balls and wide balls are counted in an over (6 balls) ________.

50. The colour of the badminton ball is Red ____.
### IV. ANSWERS:

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<tr>
<td>50</td>
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</table>
V. FILL IN THE BLANKS

1. There are ______ throwing styles in shotput.
2. The founder of Basket Ball is ______
3. Basket Ball was born in the country ______
4. The height of the Basket ball ring is ______
5. The circumference of the basket ball is ______
6. The weight of the Basket Ball is ______
7. The duration of the Basket Ball Match is ______
8. There are ______ players in a Basket Ball team.
9. The dimension of a Basket Ball court is ______
10. The substitutes in Basket ball team is ______
11. The length of the cricket bat is ______
12. The maximum width of the cricket bat is ______
13. The length of the pitch in cricket is ______
14. The width of a wicket is ______
15. The height of a stump is ______
16. The distance between a wicket and the popping crease is ____
17. _____ innings are there in a test match.
18. Number of balls allowed in an over is _____
19. Number of balls bowled in an over in the matches conducted in Australia and New Zealand is _____
20. There are _____ kinds of bowling.
21. The founder of Volley ball is _____
22. Volley Ball was founded in the year _____
23. Volley ball was founded in the country _____
24. There are _______ players in a volley ball team.
25. There are _______ substitutes in a Volley ball team.
26. The height of Volley Ball net in men’s game is _____
27. The height of a Volley ball net in women’s game is _____
28. The weight of a Volley ball is _____
29. The circumference of a Volley Ball is _____
30. The measurement of a Volley Ball player’s number in his/her banian.

31. The length and width of the Kho Kho ground is __________

32. The measurement of the square of the chaser is ____

33. The height of a Kho Kho post is ____

34. There are _____ players in a Kho Kho team.

35. There are ______ innings in a Kho Kho match.

36. There are ______ officials in Kho Kho match.

37. The duration of a Kho Kho match is _____

38. The game in which India has won gold in Olympic game is _____

39. The length and breadth of a Hockey field is _____

40. There are ______ players in a hockey team.

41. There are ____ players and ____ substitutes in a Cricket team.

42. There are _____ players and _____ substitutes in a Foot Ball team.
43. There are _____ players and _____ substitutes in a Basket Ball team.

44. There are _____ players and _____ substitutes in a Hand Ball team.

45. There are _____ players and _____ substitutes in a Hockey team.

46. There are _____ players and _____ substitutes in a Kho Kho team.

47. There are _____ players and _____ substitutes in a Kabaddi team.

48. There are _____ players and _____ substitutes in Ball Badminton team.

49. There are _____ players and _____ substitutes in Tenikoit (Doubles game) game.

50. ________ athletes are selected for the finals in long jump event.

51. ________ jumpers are selected for the finals in Triple Jump event.

52. ________ chances are given on each height to a High Jump competitor.
53. _____ are selected for the finals in a shot put event.

54. There are _____ lanes in a running track.

55. There are _____ players in a relay team.

56. A Competitior should try for a jump within _____ mintues when he is called by the Referee in a Long Jump event.

57. A Competitior should try for a jump within _____ mintues when he is called by the Referee in a High Jump event.

58. A Competitior should throw within _____ mintues when he is called by the Referee in a shot put event.

59. A competitior should throw within _____ mintues when he is called by a Referee in discus throw event.

60. A jumper should come to try for a jump within _____ minutes when he is called by the judge in a pole-vault event.

61. The components of food are 6. Write 3.
   1. _____  2. _________  3. _________

62. ________ is the name of the book which helps to preserve and promote health.
63. Disease means _____
64. The meaning of Asana is _____
65. Inhaling air through nose is called _____
66. The name for the cobra like Asana is _____
67. The raider should raid within _______ seconds in the Kabaddi match.
68. In Long Jump, a competitor walks in the air `in` _______ style.
69. A Running race is started by a _______ 
70. The diameter of a shot put circle is _______ meters.
71. Number of balls bowled in an over are _______ in cricket.
72. The two fouls occurring during bowling are 1. _______ 2. _______
73. There are ____ innings in a Test Cricket match.
74. Two types of spin bowling in cricket are 1. _______ 2. _______
75. The total playing time of a Football match is ______ minutes.
76. The duration of a Hockey game is ______
77. The duration of a Basketball game is ______
78. The duration of a Kabaddi game for men is ______
79. The duration of a Kho Kho game is ______
80. ______ points should be taken to win in a Ball Badminton match in one game.
81. ______ points should be taken to win a game in Volley Ball match.
82. ______ points should be taken to win a game in Tenikoit (Table Tennis game point method).
83. ________ points should be scored to win a game in Table Tennis
84. The rest time between first 2 games in Volley Ball match is ______
85. The interval time between 2 halves in Basket Ball match is ______ minutes.
86. The rest time in a basket ball match is ______ minutes.
87. The rest time given to change the substitutes during a basket ball match is _________ minutes.
88. The rest time in a Volley ball match is ______ minutes
89. The time given to change the substitutes during a Volley Ball match is ______ minutes.

90. The Batsman who is to play next to a batsman declared out should enter the ground within ______ minutes, if not he will be declared out.

91. In a Kabaddi game, a raider must be sent to the opponents court within ______ seconds.

92. In a Volley Ball game, the server should send the ball within ______ second after the referee's whistle.

93. In cricket, to declare a batsman out the appeal should be made by the fielders prior to the delivery of ______

94. The rest time given between 2 turns in a Kho Kho game is _____ minutes.

95. The time allotted for every turn in a Kho Kho game is _____ minutes.

96. The rest time between 2 innings in Kho Kho game is _____ minutes.

97. The rest time between 2 halves in a Kabaddi game is _____ minutes.

98. The rest time between 2 halves in a women’s Kabaddi game is _____ minutes.
99. ______ more points are given for a Lona in kabaddi.

100. In Tenikoit the ring must be returned to the opponent's court within _____ second.

101. The diameter of the men's discus - ______

102. The diameter of the women's discus throw circle is ______

103. The diameter of the Hammer throw circle is ______

104. The diameter of the Shot put circle is ______

105. The height for men's 100 M hurdles race is ______

106. The height for women's 100 M hurdles race is ______

107. Write two qualities of discus thrower:
   1. ______ 2. ______

108. Write two qualities of a shot putter:
   1. ______ 2. ______

109. The weight of the javelin for men is ______

110. The weight of the javelin for women is ______

111. Write two qualities of a Javelin thrower:
   1. ______ 2. ______

112. The numbers used in the Basket Ball Team from
113. The rotation order of the position of front line players is ___ ___ ___ and back liner players is ___ ___ ___ in the Volley Ball match.

114. Write the names of three fouls in a Volley ball game
   1. _______  2. _______  3. _______

115. Write three fouls in the Basket Ball game
   1. _______  2. _______  3. _______

116. Players changing position in clock wise direction in Volley Ball is called ___ ___ ___

117. Write three fouls in Tenikoit game
   1. _______  2. _______  3. _______

118. Write three fouls in Hockey game
   1. _______  2. _______  3. _______

119. Write three fouls in Foot Ball game
   1. _______  2. _______  3. _______

120. Write two fouls in Long Jump event
   1. ___________________  2. ___________________

121. Write three fouls in High Jump event
   1. _______  2. _______  3. _______

122. Write three fouls in shotput event
   1. _____  2. _______  3. _______
123. Write two fouls in Discus, throw event
   1. ______________ 2. ______________

124. Write two fouls in a running race
   1. ______________ 2. ______________

125. Write two instruction to be followed while doing asanas
   1. ______________ 2. ______________

126. Write 3 names of Asanas in Sitting position
   1. ______________ 2. ______________ 3. ______________

127. Write 3 names of Asanas in standing position
   1. ______________ 2. ______________ 3. ______________

128. Write three names of Asanas in Supine Position
   1. ______________ 2. ______________ 3. ______________

129. Write 3 names of Asanas in Prone position
   1. ______________ 2. ______________ 3. ______________

130. All the parts of the body get benefitted by one Asana is called ______________

131. The three important skills in Kho Kho game
   1. ______________ 2. ______________ 3. ______________

132. The three important skills in Cricket
   1. ______________ 2. ______________ 3. ______________

133. The three important skills in Kabaddi
   1. ______________ 2. ______________ 3. ______________
134. The three important skills in Volley Ball
   1. _________ 2. _________ 3. _________
135. The Three important skills in Basket Ball
   1. _________ 2. _________ 3. _________
136. The three skills in Hockey are
   1. _________ 2. _________ 3. _________
137. The three skills in Foot Ball
   1. _________ 2. _________ 3. _________
138. The three important skills in Tenikoit
   1. _________ 2. _________ 3. _________
139. The three important skills in Table Tennis
   1. _________ 2. _________ 3. _________
140. The three important skills in Ball Badminton
   1. _________ 2. _________ 3. _________
141. The Three importat skills in Shuttle badminton
   1. _________ 2. _________ 3. _________
142. The three methods of blocking in Volley ball
   1. _________ 2. _________ 3. _________
143. The three methods of spiking in Volley Ball
   1. _________ 2. _________ 3. _________
144. The Three methods of putting service in Volly ball
   1. _________ 2. _________ 3. _________
145. The three ways a batsman being declared out in cricket
   1. _______ 2. _______ 3. _______

146. The three skills of batting in Cricket
   1. _______ 2. _______ 3. _______

147. The three techniques followed by a runner in Kho Kho
   1. _______ 2. _______ 3. _______

148. The three skills of kicking the ball in Foot Ball
   1. _______ 2. _______ 3. _______

149. The three skills of passing the ball in Basket Ball
   1. _______ 2. _______ 3. _______

150. The three skills of shooting the ball in Basket Ball
   1. _______ 2. _______ 3. _______

151. The three important fouls in Basket Ball
   1. _______ 2. _______ 3. _______

152. The three seconds rules in Basket Ball
   1. _______ 2. _______ 3. _______

153. Write touching techniques in the raiding time in Kabaddi
   1. _______ 2. _______ 3. _______

154. Write catching methods in Kabaddi
   1. _______ 2. _______ 3. _______

155. What are the three starting methods in sprint race
   1. _______ 2. _______ 3. _______
156. The three methods of jumping styles in High jump 1. _______ 2. _______ 3. _______

157. Three throwing styles in shot put 1. _______ 2. _______ 3. _______

158. The two methods of exchanging the relay baton in Relay race 1. _______ 2. _______

159. What are the starter's commands in the sprint race 1. _______ 2. _______ 3. _______

160. Name the important four skills in long Jump 1. _______ 2. _______ 3. _______ 4. _______

---

**V. ANSWERS**

4. 10 Feet 5. 9" to 91/4" 6. 20 to 22 ounces
7. 20 + 10 + 20 M 8. 12 9. 28 M X 15 M
10. 7 11. 38" 12. 4 1/4"
13. 20.12 M 14. 9 inches 15. 28 inches
16. 4 feet 17. Two 18. 6
19. 8 20. Two 21. Dr. William G. Morgan
25. Six 26. 2.43 M 27. 2.24 M
28. 260 to 280 gms 29. 65 to 67 cm. 30. 10cm in front
15 cm in back 31. 29 m X 16 m 32. 30 cm X 30 cm
33. 120 cm. 34. 9 35. 2 36. 7
37. 50 mts 38. Hockey 39. 100Y X 60Y
40. 11 41. 11 and 5 42. 11 and 5
43. 5 and 7 44. 7 and 5 45. 11 and 5
46. 9 and 3 47. 7 and 5 48. 5 and 3
49. 2 and 1  50. 8  51. 8  52. 3  53. 8
54. 8  55. 4  56. 1 1/2 Mts  57. 1 1/2 mts
58. 11/2 mts  59. 1 1/2 mts  60. 2 mts
61. (1) Protein (2) Fat (3) Carbo Hydrates 62. Hygiene
67. 5  68. Hitch Kick  69. Gun sound  70. 2. 135 m  71. Six
72. No Ball-Wide Ball  73. Two  74. Googly, Medium, Fast
75. 100 mts  76. 75 mts  77. 50 mts  78. 45 mts  79. 50 mts
80. 29  81. 15  82. 21  83. 21  84. 5 mts  85. 10
86. 1  87. 1  88. 30 seconds  89. 30 seconds  90. 2 mts
91. 5  92. 5  93. Next Ball  94. 5 mts  95. 9
96. 9  97. 5  98. 5  99. 2  100. 1  101. 2.50 m
102. 2.50 M  103. 2.50 M  104. 2.135  105. 3 1/2 Feet
106. 3 feet  107. Height-Strength  108. Speed-Balance
109. 800 gms  110. 600 gms  111. Speed-Balance  112. 4 to 15
113. 4, 5, 6, 3, 2, 114. (1) Service touching the net. (2) Rest
(3) carrying
115. Personal foul. Technical foul. 3 seconds  116. Rotation order
117. (1) wobbling (2) Throwing with walking (3) Service touching
the net
118. (1) Off-side (2) Carrying (3) Dangerous play
119. (1) Off-side (2) Handling (3) Dangerous play
120. (1) Touching the take-off Board sand (2) Foul Jump
121. (1) Knockinjg down the cross bar (2) Both legs take-off
(3) Diving
122. (1) Throwing style (2) Shot falls away the sector (3) Stamping
on the board
123. (1) Throw in Both hands (2) Discus falls away the sector.
124. (1) foul start (2) Crossing the track
125. (1) Stop when you feel tired (2) Don’t exert too much
126. (1) Padmasana (2) Vajrasana (3) Yogamudra
127. (1) Tadasana (2) Padahastasana (3) Trikonasana
128. (1) Halasana (2) Sarvangasana (3) Matsyasana
129. (1) Bhujangasana  (2) Salabasana  (3) Dhanursana
130. Sarvanga Asana
131. (1) Diving  (2) Trapping  (3) Judgement Kho
132. (1) Bowling  (2) Batting  (3) Catching
133. (1) Toe touch  (2) Knee catch  (3) cant
134. (1) Service  (2) Boost  (3) Spike
135. (1) Pivot  (2) Dribbling  (3) Jump shot
136. (1) Dribbling  (2) Tackling  (3) Shooting
137. (1) Dribbling  (2) Tackling  (3) Heading
138. (1) Service  (2) Placing  (3) Throwing
139. (1) Spin Service  (2) Smashing  (3) Drop
140. (1) Service  (2) Drive  (3) Placing
141. (1) Lob  (2) Flick  (3) Smash
142. (1) Single block  (2) Double Block  (3) Trible Block
143. (1) Straight Arm spike  (2) round arm spike
          (3) Deceptive Spike
144. (1) Under Arm Service  (2) Side arm service  (3) Tennis service
145. (1) L.B.W  (2) Hit wicket
146. (1) Drive  (2) Leg glance  (3) Block
147. (1) Single Chain  (2) Double Chain  (3) Turn
148. (1) Toe  (2) Instep kick  (3) out step kick
149. (1) Hook Pass  (2) Chest pass  (3) Bounce pass
150. (1) Lay up shot  (2) Set shot  (3) Jump shot
151. (1) Holding  (2) Pushing  (3) charging
152. (1) 3 Seconds rule  (2) 5 seconds  (3) 30 seconds rule
153. (1) Aero kick  (2) Roll kick  (3) Side kick
154. (1) Wrist catch  (2) Trunk catch  (3) Knee catch
155. (1) Bullet start  (2) Medium start  (3) Elongated start
156. (1) Western Roll  (2) Straddle roll  (3) Fosbury flop
157. (1) Leg swing style  (2) Obrien style  (3) Disco put
158. (1) Visual method  (2) Non visual method
159. (1) On your marks  (2) Set  (3) Go or gum
160. (1) Approach  (2) Take-off  (3) Kitch-kick 4. landing
5. EXPAND THE ABBREVIATIONS OF SPORTS TERMS

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24. SFI
25. IWOC
26. ICC
27. FIH
28. FICA
29. AILTA
30. CFI
31. FIG
32. RIPE
33. CIPE
34. DSO

ANSWERS
1937 - 2001

1977 வரை வைக்கப்பட்ட காலத்தில் எண்ணிக்கையுள்ள விளக்கங்கள், நூற்றாண்டுகளும், பாண்டியன் பல்கலைக்கழகம் பார்வையும், சாகரார், தும்முகம் திகிரவா ஆனானவர் விளங்கிய சிற்றுறுத்துக்களால் 'விளக்கார வாழ்க்கையின் போன்ற உரையாட்டங்கள் வெவ்வேறு பொருள்களாகவும் விளங்கும்.

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